



AROSA – LAKE LUZERN – BLACK FOREST

*A Journey Towards
the Self*

7th – 14th May 2010



An Unforgettable Experience!

Art of Living Silence course, Birthday Celebration and commentaries on Bhagavad Gita with H.H. Sri Sri Ravi Shankar, 7th – 14th May 2010, Arosa/Switzerland and Bad Antogast/Germany



“The seen and unseen universe, the moving and unmoving universe, is all permeated by that consciousness, that one truth, that one reality, one divinity. That inner space, your consciousness, your mind is as complete as this universe.”

~ H.H. Sri Sri Ravi Shankar

The **Bhagavad Gita** („Celestial Song“) is considered by eastern and western scholars alike to be among the most important philosophical classics of the world.

H.H. Sri Sri Ravi Shankar will comment on the 7th chapter of the Bhagavad Gita, which is entitled: Knowledge of the Ultimate Truth.



Enjoy the varied colours of the sky, scents of nature and sounds of the mountains. Relax in the most distinguished atmosphere of this wonderful 5 Star Hotel. Discover the place nestled quietly amid the high mountain peaks yet shining brightly under the light of the stars.



A Journey Towards the Self - the Programme

7th – 11th May 2010
Arosa, Switzerland (Kulm Hotel, 5 Star)

- Special commentaries on the Bhagavat Gita by H.H. Sri Sri Ravi Shankar.
- Art of Living Part 3 or extended Part 1 Course.
- Sahaj Samadhi Meditation course with Smt. Bhanumathi Narasimhan.

11th – 12th May 2010

Arosa, Switzerland (Kulm Hotel Arosa, 5-Star)
Individual excursions, rest

12th May 2010
Bus Transfer, Arosa – Bad Antogast

- An unforgettable boat ride and Satsang on Lake Luzern with H.H. Sri Sri Ravi Shankar

12th – 14th May 2010
Bad Antogast, Black Forest, Germany
(scenic hotel next to the Ashram)

- Meditation, Satsang and Celebration at the European Ashram of the Art of Living Foundation

Unique highlight:

13th May 2010 Mega Satsang and Birthday Celebration of H.H. Sri Sri Ravi Shankar



Arosa is a municipality in the canton of Graubünden in Switzerland. It is known for being both a summer and a winter resort. Arosa is situated at the end of the Schanfigg valley at a height of 1,742 to 1,900 m above sea level.

In the early 1990s H.H. Sri Sri Ravi Shankar gave a series of memorable Art of Living courses in Switzerland.

It was during these courses that His Holiness spoke on some of the most profound subjects, amazing participants with, for example, his commentaries on the Patanjali Yoga Sutras, a magnificent stock of knowledge that is widely published and cherished all over the world.

After many years, His Holiness came in 2009 back to Switzerland and shared commentaries on the Isha Vâsya Upanishad. This year, Sri Sri will not only personally preside over the Art of Living Course, but he will also impart new knowledge: his much-awaited commentaries on the 7th chapter of the Bhagavat Gita.

Grüezi and Welcome to Switzerland!
Welcome to a rare new journey to the depths of the self!

The journey begins with the Art of Living course from 7th to 11th May 2010.

On 12th May 2010 participants will proceed to Lake Luzern, the most beautiful lake in Switzerland. There, participants will enjoy a boat trip and an onboard satsang with His Holiness! The journey will lead directly to the European Centre of the Art of Living Foundation – the Ashram in the Black Forest – where, on 13th May 2010, maha-satsang celebrations will be launched to mark the 54th birthday of His Holiness Sri Sri Ravi Shankar.

Come and join this unique journey!



Bad Antogast is a small place consisting of only a few houses. It is situated in the heart of the Black Forest, which is well-known for its beauty of the scenery, between Offenburg and Freudenstadt. Already a hundred years ago many people from abroad used to come for recovery and rest.



A Journey of a Lifetime!

Come and experience:

**The Part 3 or Part 1 Course,
the Birthday Celebrations,
and the new commentaries
on Bhagavat Gita
with H.H. Sri Sri Ravi Shankar,
from Arosa, Switzerland
to Bad Antogast, Germany,
7th – 14th May 2010**



THE ART OF LIVING

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